

**GAMBARAN PROGRAM PENYULUHAN GIZI UNIT USAHA
KESEHATAN SEKOLAH PADA REMAJA SMP DAN SMA DI WILAYAH
KERJA PUSKESMAS PONCOL TAHUN 2016**

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ABSTRAK

PROGRAM STUDI S1 KESEHATAN MASYARAKAT
FAKULTAS KESEHATAN UNIVERSITAS DIAN NUSWANTORO SEMARANG 2017
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GAMBARAN PROGRAM PENYULUHAN GIZI UNIT USAHA KESEHATAN SEKOLAH SMP DAN SMA DI
WILAYAH KERJA PUSKESMAS PONCOL TAHUN 2017

BERAPA HAL 80 +TABEL 15 +GAMBAR 2 +LAMPIRAN 4

Masa remaja merupakan metode dari pertumbuhan dan proses kematangan, pada remaja ini terjadi perubahan yang sangat unik dan berkelanjutan. Masalah gizi pada remaja akan berdampak negatif pada tingkat kesehatan masyarakat, misalnya penurunan konsentrasi belajar dan penurunan kesegaran jasmani. Hasil analisis umur petugas UKS SMP dan SMA wilayah kerja Puskesmas Poncol di kelompok umur rata-rata 25-30 sebanyak 1 petugas dengan presentase 6,25 %, sedangkan umur 30-35 sebanyak 2 petugas dengan presentase 12,5% sedangkan umur 36-50 sebanyak 13 petugas dengan presentase 81,25 %.

Hasil analisis dalam perencanaan berapa kali rencana penyuluhan gizi di sekolah responden yang menjawab 1 kali sebanyak 12 dengan presentase 60%, responden yang menjawab 2 kali sebanyak 4 dengan presentase 20% sedangkan responden yang menjawab tidak ada sebanyak 4 dengan presentase 20%. Metode pengumpulan data dilakukan dengan wawancara menggunakan kuesioner terstruktur dengan pilihan pertanyaan yang sudah tersedia kepada responden oleh peneliti dengan waktu yang telah ditentukan. Hasil pre-test dan post-test responden menjawab Ya sebanyak 4 dengan presentase 20% dan yang menjawab Tidak Tahu sebanyak 16 dengan presentase 80%. Perilaku siswa sadar gizi responden yang menjawab Ya sebanyak 8 dengan presentase 40% dan yang menjawab Tidak Tahu sebanyak 12 dengan presentase 60%. Hasil penilaian status gizi responden yang menjawab Ya sebanyak 4 dengan presentase 20% dan yang menjawab Tidak Tahu sebanyak 16 dengan presentase 80%. Kelompok sadar gizi responden menjawab Tidak Tahu sebanyak 20 dengan presentase 100%.

Bagi Dinas Kesehatan Kota sebaiknya mengidentifikasi permasalahan strategi yang menghambat pelaksanaan pelayanan kesehatan di masing-masing sekolah. Hal ini akan bermanfaat untuk menyusun strategi pengembangan pelayanan kesehatan untuk siswa di sekolah sehingga menjadi lebih baik.

Kata Kunci : Kata Kunci : Gizi, UKS, Remaja

**STUDY PROGRAM S1 COMMUNITY HEALTH
FACULTY OF HEALTH UNIVERSITY DIAN NUSWANTORO
SEMARANG 2017**

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ABSTRACT

STUDY PROGRAM S1 COMMUNITY HEALTH
FACULTY OF HEALTH UNIVERSITY DIAN NUSWANTORO SEMARANG 2017
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DESCRIPTION OF NUTRITION SUPERVISION PROGRAM UNIT HEALTH BUSINESS SCHOOLS SMP
AND SMA IN PUBLIC WORKING REGION PUSCESMAS IN 2017

HOW THINGS 80 + TABLE 15 + IMAGES 2 + APPENDIX 4

Adolescence is a method of growth and the process of maturity, in this adolescent there is a very unique and sustainable change. Nutrition problems in adolescents will have a negative impact on the level of public health, such as decreased learning concentration and decreased physical fitness. The result of age analysis of SMP and SMA officer of Poncol Health Center work area in the average age group 25-30 is 1 officer with percentage of 6.25%, while age 30-35 is 2 officers with 12.5% percentage while age 36-50 As many as 13 officers with a percentage of 81.25%.

The results of the analysis in the planning of how many times nutrition counseling plan in the school respondents who answered 1 time as many as 12 with percentage 60%, respondents who answered 2 times as much as 4 with percentage of 20% whereas respondents who answered no 4 as percentage with 20% percentage. Data collection method was conducted by interview using structured questionnaire with the choice of questions that have been available to the respondent by the researcher with a predetermined time. The results of pre-test and post-test respondents answered Yes as much as 4 with percentage of 20% and who answered Do not Know as much as 16 with 80% percentage. Behavior of students aware of the nutrition of respondents who answered Yes as much as 8 with a percentage of 40% and who answered Not Know as much as 12 with percentage of 60%. The results of assessment of nutritional status of respondents who answered Yes as much as 4 with percentage of 20% and who answered Do not Know as much as 16 with 80% percentage. The respondent's nutritional group answered Do not Know as much as 20 with 100% percentage.

The City Health Office should identify the problem of strategies that impede the implementation of health services in each school. This will be useful for developing health service development strategies for students in schools to become better.

Keyword : Keywords: Nutrition, UKS, Adolescent